PSHE Curriculum Overview 2025-26

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Black History Month **Hello Yellow**	**Road Safety** **Antibullying Week** **Children in Need**	**Safer Internet Day** **Children's Mental Health Week** **Random Acts of Kindness Day**	**International Women's Day**	**Autism Awareness Day** **Earth Day** **Walk to School Week**	**Cycle to School** **World Refugee Day**
EYFS	Personal focus: safety, self-care, feelings and relationships	Personal focus: safety, self-care, feelings and relationships	Personal focus: safety, self-care, feelings and relationships	Personal focus: safety, self-care, feelings and relationships	Personal focus: safety, self-care, feelings and relationships	Personal focus: safety, self-care, feelings and relationships
KS1 Cycle A	-How do we recognise our feelings?	-What helps us grow and stay healthy?	-What jobs do people do?	-How can we look after each other and the world?	-What is bullying?	-What helps us grow and stay healthy? -Changing adolescent body
KS1 Cycle B	What is the same and different about us?	-What makes a good friend?	-Who is special to us?	What can we do with money?	-Who helps to keep us safe?	-Who helps to keep us safe? -Changing adolescent body
3/4 Cycle A	-How can we be a good friend?	-Why should we eat well and look after our teeth?	-How do we treat each other with respect?	-Why should we keep active and sleep well?	-What are families like?	-What makes a community? -Changing adolescent body
3/4 Cycle B	-What strengths, skills and interests do we have?	-What keeps us safe?	-How can we manage our feelings?	-How can our choices make a difference to others and the environment?	-How can we manage risk in different places?	-Changing adolescent body
5/6 Cycle A	Health: What makes up a persons' identity?	Wider world: How can the media influence people?	Relationships and wellbeing: How can friends communicate safely?	Health and Wellbeing: How can we help in an accident or emergency?	Financial Awareness: How can I make good choices about money?	Relationships: How do we grow and change?

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5/6 Cycle B	Health: How can we keep healthy as we grow?	Health and wellbeing: How do legal and illegal drugs affect health?	Financial Awareness: What jobs would we like?	Relationships: How do friendships change as we grow?	Relationships: What will change as we become independent?	Wider World: How can we prepare for secondary school?